

**IN THE ABSTRACT OF THE DISCLOSURE:**

Please amend the Abstract of the Disclosure as follows:

The present invention relates to a position adjustment mechanism, comprising two cylindrical portions, a first one of the portions being slidably disposed inside a second one of the portions. One of the portions has at least three detents and the other portion has at least three members for engaging in respective ~~said~~ the detents to hold ~~said~~ the portions in a first position, the members being removable from ~~said~~ the detents to allow ~~said~~ the portions to move into a second position; wherein the detents and members are equi-spaced around the first and second portions.